

Child Care Health Consultation Health Promotion Lesson Plan

Contractor (LPHA) Name: Jefferson County Health Department

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Health and Safety Standards	Training Levels
<input type="checkbox"/> Promoting Risk Management Practices <input checked="" type="checkbox"/> Protecting Children and Youth <input type="checkbox"/> Promoting Physical Health <input type="checkbox"/> Promoting Mental Health <input type="checkbox"/> Promoting Healthy Eating	<div style="text-align: center;"> <input checked="" type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5 </div> <p>Source: Core Competencies for Early Childhood and Youth Development Professionals (Kansas and Missouri), 2011</p>

Title: Sun Safety

Learning Objective(s):

Children will:

- Recognize effects of the sun can be harmful to skin
- Identify ways to protect skin from the sun

Topical Outline of Content (Not to exceed 30 minutes for Health Promotions)	Resources Used
<p>Introduce Topic:</p> <ul style="list-style-type: none"> • Ask if anyone has had a sunburn before and how it made them feel • Introduce book <p>Read book:</p> <ul style="list-style-type: none"> • "George the Sun Safe Superstar" <p>Review 5 S's</p> <ul style="list-style-type: none"> • Slip • Slop • Slap • Sunglasses • Shade <p>Practice Sun Safety</p> <ul style="list-style-type: none"> • Sun Safety Grab Bag <p style="margin-left: 40px;">Fill a bag with sun safety items (sun glasses, empty sun screen bottle, hat, water bottle, long sleeve shirt, empty sun screen lip balm, etc.) Allow children to draw an item from the bag and share with the group how they would use the item to be a Sun Safe Superstar</p> <p>Wrap-Up</p> <ul style="list-style-type: none"> • Q & A to review 5 S's 	<p>Book: "George the Sun Safe Superstar" By Kathryn Clifford (www.skcin.org)</p>

Method(s) of Outcome Evaluation: Q & A

Children's Health Promotions are developed utilizing best practice references such as the "Kansas and Missouri Core Competencies for Early Childhood and Youth Professionals" (Content Area V: Health and Safety), and the National Health and Safety Performance Standards, "Caring for Our Children." Consultants developing new lessons for children's health promotions should use this template and submit to the CCHC Program Manager for approval. Health Promotion Lesson Plans already approved by the CCHC Program Manager are approved for use by any contracting LPHA. Approved lesson plans are reviewed by the CCHC Program Manager at a minimum of every three years, and are therefore considered approved if in circulation until otherwise instructed by the CCHC Program Manager.